

*Burlington Recreation & Parks*

# *Leisure Living Guide*

*Experience the Benefits!*



*September - December 2005*



THE CITY OF BURLINGTON RECREATION & PARKS DEPARTMENT

Park & Facility Chart

	ACREAGE	COMMUNITY CENTER & GYM	COMMUNITY CENTER NO GYM	GOLF (18 HOLES)	SOCCER	SOFTBALL	BASEBALL	OUTDOOR POOL	INDOOR / OUTDOOR POOL	TENNIS COURTS	BASKETBALL	VOLLEYBALL	HIKING/NATURE TRAIL	RUNNING/WALKING TRACK	CONCESSIONS/COMFORT STATION	OUTDOOR AMPHITHEATER	RENTAL FACILITIES	PLAYGROUND	PICNIC AREA	PICNIC SHELTERS OPEN/ENCLOSED	HORSESHOES	AMUSEMENT RIDES	BICYCLE TRAILS/STREET	BOATING	FISHING	PERFORMING ARTS CENTER
1. Broad Street Gym	1.5																									
2. City Lake	15																									
3. City Park	76																									
4. Davidson Park	42.5																									
5. Depot	.68																									
6. Dothan Park	1.3																									
7. Elmira	5.3																									
8. Eva Barker Park	1.2																									
9. Fairchild	30.5																									
10. Forest Hills	5																									
11. Guilford Park & Marina	60																									
12. Indian Valley	165																									
13. Lake Cammack	10																									
14. North Park	27.4																									
15. Northwestern Park	8.24																									
16. Paramount Theater																										
17. Petersburg Park	.77																									
18. Lake Mackintosh Park & Marina	34																									
19. Robinson Park	4.06																									
20. Southern Neighborhood Park	8.5																									
21. Town & Country Nature Park	50																									
22. Willowbrook Park	6.5																									
23. Springwood Church Road	78																									

Total Park Acreage 631.45

Key to our Facilities

Number of amenities per property

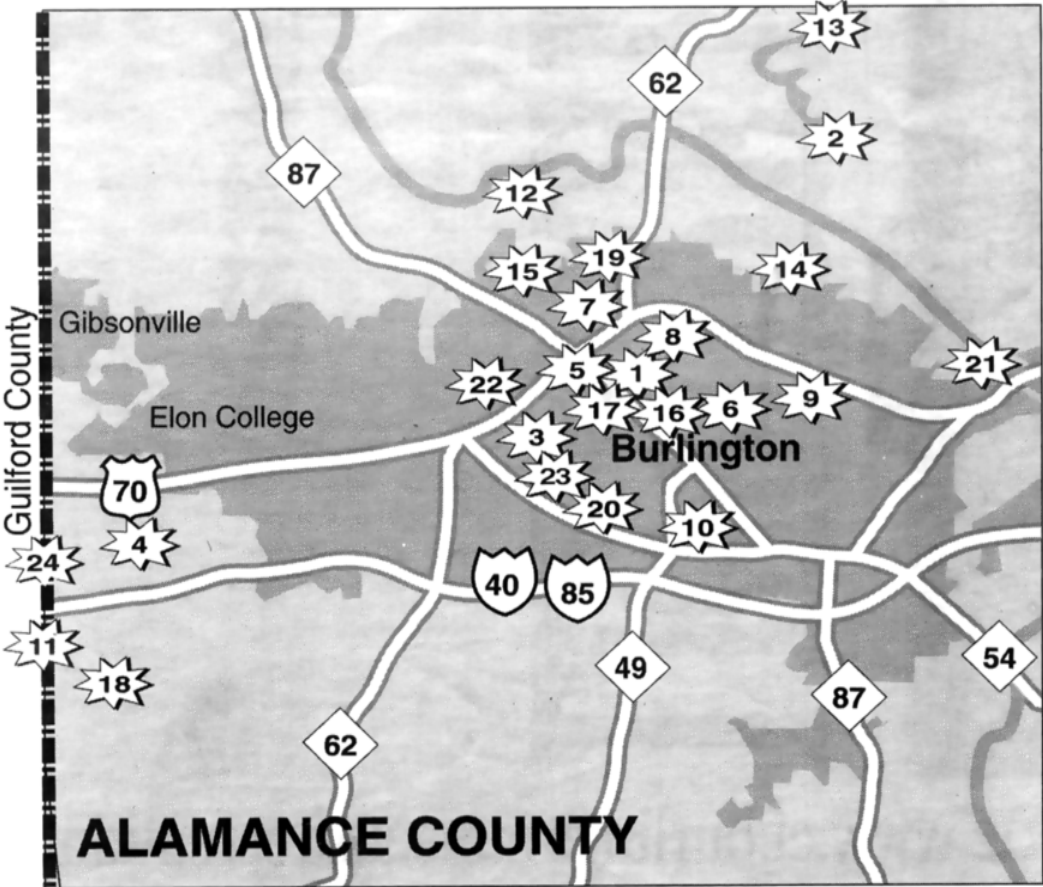
1

2

4

5 or more

Open/Enclosed Shelters



1. **Broad Street Gym** • N. Broad St. • 222-5039
2. **City Lake** • Carolina Rd. • 229-7509
3. **City Park** • S. Church St. • 222-5033
4. **Davidson Park** • Rural Retreat Rd. • 584-3316
5. **Depot** • Front St. • 222-5137
6. **Dothan Park** • Graham St.
7. **Elmira** • Wicker St. • 222-5049
8. **Eva Barker Park** • N. Main St.
9. **Fairchild** • S. Graham-Hopedale Rd. • 222-5119
10. **Forest Hills** • Williamson St. • 222-5129
11. **Guilford Park & Marina** • Highway 61 • 449-2078
12. **Indian Valley** • Indian Valley Dr. • 584-7871
13. **Lake Cammack** • Union Ridge Rd. • 421-3872
14. **North Park** • Sharpe Rd. • 222-5138
15. **Northwestern Park** • N. Park Ave.
16. **Paramount Theater** • E. Front St. • 222-5017
17. **Petersburg Park** • Maple Ave.
18. **Lake Mackintosh Park & Marina** • Huffman Mill Rd. • 538-0896
19. **Robinson Park** • Rauhut St.
20. **Southern Neighborhood Park** • Kilby St.
21. **Town & Country Nature Park** • Regent Park Ln.
22. **Willowbrook Park** • Willowbrook Dr. & Fountain Pl.
23. **Thataways** • Kitchen St. • 222-5134
24. **Springwood Park** • Springwood Church Rd. • 449-3600

“The Burlington Recreation & Parks Department will make reasonable accomodations if one has a disability, making all possible arrangements for one to enjoy and participate in a recreation and parks program.”

# Athletic Calendar



## AUGUST

August 22-Sept. 13 . . . . Youth Flag Football Camp Registration

## SEPTEMBER

September 2-5 . . . . .ASA Senior Men's Slow Pitch  
National Softball Tournament  
September 6 . . . . .Youth Fall Soccer Games Begin  
September 6-Oct. 3 . . . Youth & Adult Basketball Registration  
September 11 . . . . .Adult Fall Soccer Games Begin  
September 16-Oct. 14 . Youth Flag Football Camp (Fridays only)

## OCTOBER

October 3 . . . . .Fall Men's & Women's Softball Tournament Begins  
October 10 . . . . .Fall Co-Ed/Friday Night Softball Tournament Begins  
October 20 . . . . .Youth & Adult Basketball Coaches Meeting  
October 24 . . . . .Youth & Adult Basketball Practices Begin

## NOVEMBER

November 28 . . . . .Youth & Adult Basketball Games Begin

## DECEMBER

December 16-18 . . . . .8th Annual Holiday Basketball Tournament  
at Mayco Bigelow & Fairchild Community Centers

## JANUARY

January 3-24 . . . . .Youth Spring Soccer Registration

## Structured Activities for Challenged Children (S.A.C.C.)

### SATURDAYS

10:00am-12:00pm

Structured Activities for Challenged Children (SACC) is an athletic & activities program developed for youth and adults 5-21 years of age with developmental disabilities that have a desire to participate in an athletic & community based environment, structured to their abilities. The value of this program is based on the socialization and therapeutic benefits of participating in sports, community based activities, and strengthening of their self-esteem. For more information please call 229-3148.

### SCHEDULE FOR 2005 - 2006

September 10th-October 29th  
November 12th-December 17th  
January 7th-February 25th  
March 11th-April 29th  
May 13th-June 24th

Baseball / Softball Skills Clinic  
Creative Thinking - Holiday Ceramics Class  
Bowling League I  
Bowling League II  
Aquatics Exercise &  
Swimming Class

### SPECIAL OLYMPIC BOWLING TOURNAMENT

Friday, October 28th

9:00am-1:00pm for School Age Youth • 1:00pm-4:00pm for Adults  
Country Club Lanes West

The Alamance/Burlington Special Olympic Bowling Tournament will be held on Friday, October 28th at Country Club Bowling Lanes West on South Church Street. All interested persons wanting to participate or if you are interested in volunteering, please call 229-3148 or 570-6760.



## Burlington Tennis Center

*September-  
December 2005*

*Burlington Recreation and Parks' Tennis Center offers a lighted twelve court complex recognized as an official USTA Welcome Center. The center hosts various regional and state tournaments annually.*

### SEPTEMBER

1,8,15,22,29 . . . . .Junior Clinics (Inter.-Advanced) . . . . .4:00pm-5:30pm  
1,8,15,22,29 . . . . .Men's Night-Doubles League . . . . .7:00pm-8:30pm  
5,12,19,26 . . . . .Ladies Night Doubles League . . . . .7:00pm-8:30pm  
3,10,17,24 . . . . .Saturday Morning Clinics  
. . . . .Ages 6-10 . . . . .9:00am-9:30pm  
. . . . .Ages 11-16 . . . . .9:30am-10:00am  
. . . . .Match Ups for Juniors . . . . .10:00am-11:30am  
23-25 . . . . .Burlington Junior Novice Tournament

### OCTOBER

6,13,20,27 . . . . .Junior Clinics (Inter.-Advanced) . . . . .4:00pm-5:30pm  
6,13,20,27 . . . . .Men's Night Doubles League . . . . .7:00pm-8:30pm  
3,10,17,24,31 . . . . .Ladies Night Doubles League . . . . .7:00pm-8:30pm  
1,8,15,22,29 . . . . .Saturday Morning Tennis Clinics  
. . . . .Ages 6-10 . . . . .9:00am-9:30am  
. . . . .Ages 11-16 . . . . .9:30am-10:00am  
. . . . .Match Ups for Juniors . . . . .10:00am-11:30am

### NOVEMBER

3,10,17,24 . . . . .Junior Clinics (Inter.-Advanced) . . . . .4:00pm-5:30pm  
3,10,17,24 . . . . .Men's Night-Doubles League . . . . .7:00pm-8:30pm  
7,14,21,28 . . . . .Ladies Night Doubles League . . . . .7:00pm-8:30pm  
1,8,15,22,29 . . . . .Saturday Morning Clinics  
. . . . .Ages 6-10 . . . . .9:00am-9:30pm  
. . . . .Ages 11-16 . . . . .9:30am-10:00am  
. . . . .Match Ups for Juniors . . . . .10:00am-11:30am

### DECEMBER

1,8,15,22,29 . . . . .Junior Clinics (Inter.-Advanced) . . . . .4:00pm-5:30pm  
1,8,15,22,29 . . . . .Men's Night-Doubles League . . . . .7:00pm-8:30pm  
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. . . . .Ages 6-10 . . . . .9:00am-9:30pm  
. . . . .Ages 11-16 . . . . .9:30am-10:00am  
. . . . .Match Ups for Juniors . . . . .10:00am-11:30am

**Call 336-229-3155 for additional information. Private lessons are available at all times.**



**Races: Fridays at 7pm • Practices: Tuesday 6pm-8pm.**

The track is located at Fairchild Park behind the Burlington Indians Stadium. This fast action packed sport is sanctioned under the American Bicycle Association (ABA). There are four skill levels: beginner, novice, expert and professional. Riders race in the same skill and age levels. This track is one of three ABA tracks in North Carolina. For more information on racing or to become a member of the Burlington BMX Parent Association please call 228-9269 or 229-3148.

## Indian Valley Golf Course

*Take a test drive at Indian Valley !!!*

**584-7871**

### SPECTACULAR RATES:

Monday-Friday	Ride 18 holes	\$20.00 before 1:00pm \$15.00 after 1:00pm
	Seniors	\$15.00 anytime
Saturday-Sunday and Holidays	Ride 18 holes	\$27.00 before 1:00pm \$22.00 after 1:00pm





# Community Programming

## THATAWAYS 222-5134

Thataways Teen Center is located off Overbrook Road and is part of Burlington City Park. This unique facility was built for the needs of middle and high school students. Although elementary school groups occasionally use it in addition to the older students, the facility has something to offer every age.

### Drop by Thataways...After School!

Monday-Friday 3:00pm-5:00pm  
All youth are welcome to come and hang out after the bell rings. Cold drinks and candy are available and the computer lab is open to assist with homework.

### Burlington Youth Council (BYC)

1st and 3rd Mondays beginning September 19th, 2005; 6:30pm;  
Ages: 6th-12th Grade  
Admission: Free The Burlington Youth Council (BYC) is a community service organization that meets the needs of the Alamance / Burlington middle & high school teenagers. The BYC is the backbone of Thataways, by which they offer suggestions of programs and activities that are held there. This active group of teens volunteer for various events and assists with local programs in the Alamance County area as well as offering activities for themselves. To become a member of BYC, students must be enrolled in the Alamance/Burlington School System and maintain satisfactory grades.



### Tuesday Night Dances

Tuesdays 6:30pm-8:30pm Admission: Free  
Dances are designed to offer persons with developmental disabilities an opportunity to dance and socialize. The Burlington Youth Council assist by offering the dances, in addition to helping with other activities participants may be involved in.

### Coffee House and Activities Night

Wednesdays, 6:30pm-8:00pm Admission: Free Coffee House and Activities Night is held every Wednesday for the developmentally disabled. Board games, cards, movies, and bingo are available to all guests, as well as video, foosball, and billiards tournaments.

### Country Western & Line Dancing Night

Thursdays, 7:00pm-10:00pm; All Ages Admission: \$3.00  
Classes are offered to anyone interested in learning how to two-step or line dance. Instructors are on hand to teach the latest dances.

### Open Activities

Saturdays, 10:00am-2:00pm All Ages Admission: Free  
Come & hangout at the center & enjoy videos, billiards and foosball or watch television.

### Preteen Friday Night Dance

Every Friday 6:00pm-10:00pm Ages: 3rd-5th grade only  
Admission: \$4.00; Preteens can come out to have a great time dancing to the latest, hottest music and meeting other preteens. Concessions are open with pizza and cold drinks. Video games and billiards are always available for play. Parents, we provide curbside drop off and pick up. We also provide a competent staff working to offer your kids a safe night of fun.

### Middle School Dance

Saturdays, September 24th, October 22nd, November 12th, & December 3rd 6:00pm-10:00pm Ages: 6th-8th grade only  
Admission: \$4.00 Dance to the latest music or just hang out with your friends. Play video games, pool, or foosball. Enjoy our concession stand and its large selection of items. Parents, we provide curbside drop off and pick up. We also provide a competent staff working to offer your kids with a safe night of fun.



## MAYCO BIGELOW COMMUNITY CENTER 222-5138

### September

#### Power Katz

Thursday, September 29th Registration: 6:00pm, Classes are 55 minutes long  
Ages: 5-15 Admission: \$5.00 per week. Power Katz is a series of self-defense classes for boys and girls. This is a great course for children to learn self-defense as well as safety. The students will learn to use techniques only when defending themselves from harm. No physical contact will take place the first 4 months of class. The students advance in the program to the Black Belt level. Class size is limited, so sign-up fast.

#### Gospel On The Grass

September 25th, October 2nd, & October 9th; 5:30pm All Ages  
Admission: Free  
Local choirs get a chance to praise and sing on the "Blackwell Stage at North Park". Folks will be able to bring their lawn chairs and blankets and sit on the lawn. Concerts take place as weather permits. If you have a choir that would like to perform, please give us a call at 222-5138.

#### Community Awareness Day

Saturday, October 29th; 10:00am-3:00pm; All Ages; Admission: Free  
Join us for our 8th Annual Community Awareness Day with a carnival full of clowns, balloons, and games and prizes for everyone. Sign-up for the "hotdog eating contest" or blow the biggest bubble in the "bubble gum blowing contest". Enjoy magic by Mr. Peeples, Lulu and Patti Cake the clown, face painting, and great balloon art. We will also have Bingo for all adults and seniors with prizes.

### November

#### Play, Pull, & Roll

Saturday, November 19th; 6:00pm-10:00pm; All Ages; Admission: \$5.00 for starter money. We will have the roulette table, blackjack table, and even crap table, just enough to give you the feeling you're in Vegas. Let us treat you like a high roller for a night. There will be great prizes and the only money you can spend is MBCC money in our casino.

#### Adult Spades Tournament

Saturday, November 26th ; 4:00pm; Ages: 18 & Up; Admission: \$20.00 per person  
You and your partner are welcome to attend the Annual Spades Tournament. This is a well-attended tournament. If you do not have a partner, we will place you with someone. Refreshments will be served. It will be a double elimination tournament.

### December

#### 8th Annual Christmas Basketball Tournament

December 16th, 17th, & 18th ; Times: TBA; Ages: PeeWee, Mites, & Midget Teams.  
Cost: \$75.00 per team; Mayco Bigelow & Fairchild Community Centers  
The tournament is a great opportunity for coaches to keep their teams active over the holidays. Tournament format will be a double elimination tournament with trophies will be awarded to winners. AAU players may participate but if you are on a school team, you will not be permitted to play.

#### Festival of Lights in Tanglewood

Monday, December 19th; Departs at 6:00pm; All Ages, Under 10 years of age must be accompanied by an adult; Admission: \$5.00 per person  
Travel with us to the city of Winston Salem, as we tour Tanglewood the City of Lights. There are forty seats on the bus and money is due at sign-up. The bus will depart from the MBCC parking lot. Seating is limited, so call 222-5138 to sign-up today.



FAIRCHILD COMMUNITY CENTER 222-5119

September

**Boys & Girls Night Out Sleep Over**  
Friday, September 23rd; Friday, 7:00pm - Saturday, 8:00am; Ages: 5-16 Admission: \$10.00 per person Hey mom and dad, have you ever had one of those days where nothing seems to go right and you just want a little time to get away? Well here's your chance! Just drop off the kids at the center and we'll do the rest. Please bring a sleeping bag.



**1st Annual Spades Tournament**  
Friday, September 30th; 6:00pm-Until; Ages: Middle & High School Students Only  
Admission: \$10.00 per person; Come check out the 1st Annual Spades Tournament. Partners are not required, we will be happy to pair you with a partner. This will be a double elimination. Winner will be awarded with a gift certificate for \$200. Refreshments will be served.

**Youth Ping Pong Tournament**  
Saturday, October 8th; 10:00am-12:00pm; Ages: 8-12; Admission: \$5.00  
Do you think you can play Ping-Pong? Well here is your chance to show us what you know. This tournament will be double elimination. Trophies will be awarded to the winners. Please call 222-5119 to pre-register.

**Saturday Teen Tennis Match**  
Saturday, October 22nd ; Please call 222-5119 to reserve your time on the court; Ages: 8-13; Admission: \$3.00; All area teens are invited to play tennis with their friends or family members. The tennis courts are open and waiting for you!

**Playstation 2 Tournament & Lock-In**  
Friday, October 29th; 7:00pm-8:00am; Ages: 6-13; Admission: \$10.00 per child. Come spend the night with the staff at Fairchild and challenge some of the best Playstation players in Burlington. We will be hosting a Playstation 2 Tournament with the newest games: Street, NBA Hoopz, Test Drive, & Freestyle. So come out and try your luck. Pizza, drinks, and snack will be served.

November

**Hey Kids - Let's Shoot the Hoops**  
Saturday, November 19th; 8:00am-12:00pm; Ages 5-12; Admission: Free  
Kids come out and see how many shots you can shoot in 45 seconds. Contest is open to girls and boys. Prizes awarded in all age groups.

December

**Christmas Lock-In**  
Friday, December 16th; 7:00pm-8:00am; Ages: 6-12; Admission: \$10.00  
If you haven't seen Santa, now is the time. This will be a night that the kids won't forget. Bring your sleeping bag and come spend the night at the center. Pizza, drinks, and snacks will be served.



**Little Tikes Tots Christmas Gathering**  
Sunday, December 18th; 2:00pm-4:00pm; Ages: 3-7; Admission: Free  
Come play games, eat Christmas cookies, drink Kool-Aid, and tell Santa Clause what you want for Christmas. Candy canes and coloring books will be given out to the first 20 children.

FOREST HILLS 222-5129

Basket weaving/Chair Caning	Tuesdays	TBA
Calligraphy Class	Tuesdays	7:00pm
Decorative Painting	Wednesdays	6:30pm
Faux Painting	Mondays	6:30pm
Floral/Landscape Oil Painting	Wednesdays	9:00am
Mixed Media	Thursdays	9:00am
Sign Language	Thursdays	TBA
Tai Chi Class	Tuesdays	7:00pm
Tole & Canvas Painting	Mondays	9:00am
Upholstery Class	Tuesdays & Thursdays	7:00pm
Watercolor/Mixed Media	Mondays	9:00am
Watercolor Painting	Thursdays	1:00pm
Watercolor Pencil	Tuesdays	1:00pm

Please call Alamance Community College at 506-4316 to register for classes.

**Facility Rentals**  
For rental information please call Antawan Singletary at 222-5129, 5:30pm-8:30pm weekdays or the Kernodle Center at 222-5135.

ELMIRA COMMUNITY CENTER 222-5129

Elmira is located on Wicker Street and is used for instructional classes, senior citizen programming, and private rentals.



**Karate Class (Shorin-RYU Style)**  
Tuesdays; 7:30pm-8:45pm; Continuing Karate classes are offered to anyone 9 years old & older. An adult must accompany anyone under the age of 9. Please call 222-5135 for more information.

**\*Pottery Class**  
Tuesdays; 7:00pm-10:00pm  
**Quilting Guild**  
Third Wednesday of the month; 9:00am-1:00pm

*\*Denotes ACC classes please call ACC 506-4316 to register for these classes*

**Facility Rentals**  
For rental information please call Antawan Singletary at 222-5129, 5:30pm-8:30pm weekdays or the Kernodle Center at 222-5135.

## Burlington 500/CO2 Car Race

### Sunday, October 23rd at 3:30pm



**All Ages; Admission: \$5.00**

**Join us as we blast off down the gym floor with CO2 power. Make your own cars from balsa wood and come up with the best-looking car or fastest in your division. Trophies will go to the winners. You can also visit [www.shop-pitsco.com](http://www.shop-pitsco.com) and see CO2 dragsters. Call 222-5138 for more information.**





# UPCOMING EVENTS

## 2005 Carousel Festival



**Carousel Festival Hours**  
 Saturday, September 17~10am-6pm  
 Sunday, September 18~1pm-6pm

Presented By

**MIDCAROLINA**  
BANK

**BURLINGTON**  
RECREATION & PARKS

## Harvest Hay Ride & Family Night at Lake Cammack

Friday, November 4th • 6:00pm-9:00pm

All Ages

Admission: \$5.00 per car or truck

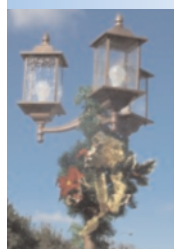
Lake Cammack will host the fourth annual "Harvest Hay Ride & Family Night". Families are encouraged to attend Lake Cammack, (off of Union Ridge Road) and enjoy a horse driven buggy ride around the lake area with luminaries lining the path. Also enjoy entertainment, clowns, marshmallows around the campfire & pumpkin decoration at the open shelter near the lake. For more information call 229-3148 or 222-5030.



## Burlington Holiday Parade

Saturday, November 19th • 10:00am-Until • All Ages

Downtown Burlington. Registration for parade entries will begin on Monday, September 19th. Registration deadline will be Friday, November 11th. Anyone interested in entering this year's parade must come by in person to the Recreation & Parks Department and pick up a registration packet. Office hours are Monday-Friday from 8:00am-5:00pm. For more information call 229-3148 or 222-5030.



Christmas In The Park  
 presented by **MIDCAROLINA**  
 BANK

December 22nd & 23rd • Times: 6:00pm-9:00pm

All Ages • Admission: Free • Burlington City Park

Enjoy Christmas In The Burlington City Park with Christmas entertainment, a ride on the carousel or train, live nativity scene, hayrides with horse drawn wagons, Santa's live reindeer, and refreshments during this festive time of the year. City Park will be decorated with lights throughout the amusement area. Santa Claus will make a guest appearance for those last minute items and Mrs. Claus will also be on hand to give out treats for the children. This special event is a "Thank You" to all of those who have supported the Recreation and Parks Department. For more information call 229-3148.

## DARK IN THE PARK



Call 222-5030 for more information.

BURLINGTON RECREATION & PARKS PRESENTS  
 The Dark In The Park Activity Line-Up

### HAUNTED TRAIN

At City Park

October 28-30 7pm-10pm October 31 6pm-12midnight

**OCTOBER 31**

**Amusement Park**

Opens at 5pm

**Games**

Begin 6pm

**Costume Contest Registration**

5:30-6pm

**Costume Contest**

Begins 6pm

**Punkin' Chunkin Contest**

7:30pm

**FIREWORKS**

Ground & Aerial Display at Dusk



# LAKEs

**GUILFORD MACKINTOSH PARK & MARINA**  
1345 NC 61 SOUTH WHITSETT, NC 27377 336-449-2078

October 2 . . . . . Year Long Catfish Tournament Kick-Off  
October 9 . . . . . Sunset Canoe Trip with Meal . . . . . 4:00pm-7:00pm  
November 23 . . . . . Park Closes for Winter  
February 1 . . . . . Park Reopens

## LAKE CAMMACK

4790 UNION RIDGE RD. BURLINGTON, NC 27217 336-421-3872

September 17 . . . . . One Person Bass Tournament . . . . . 6:30am-2:30pm  
November 4 . . . . . Harvest Hayride . . . . . 6:00pm-9:00pm

## LAKE MACKINTOSH

2704 HUFFMAN MILL RD. BURLINGTON, NC 27216 336-538-0896

September 1 . . . . . One-On-One Fishing Instructions . . . . . Call for an appt.  
Free lessons for ages 8 & up  
September 24 . . . . . Two Man Catfish Tournament . . . . . 7:00am-3:00pm  
October 1 . . . . . Fish Off for Year Long Catfish Tourn. . . 7:30am-3:30pm  
October 15 . . . . . Two Man Crappie Tournament . . . . . 7:30am-3:30pm  
October 22 . . . . . Beds for Birds Workshop . . . . . 1:00pm-Until  
\$10.00 for ages 7-17 Please call marina to pre-register  
October 29 . . . . . Two Man Catfish Tournament . . . . . 7:30am-3:30pm  
October 29 . . . . . 5th Annual Scarecrow Festival . . . . . 12:00pm-3:00pm  
Free event for all ages Please pre-register by October 26th

## STONEY CREEK LAKE

1785 CAROLINA RD. BURLINGTON, NC 27217 336-229-7509

Lake Cammack, Mackintosh, & Stoney Creek are open throughout the season.  
December and January - Weather Permitting

## 5th Annual Scarecrow Festival

**October 29, 2005**  
**12 noon - 3:00pm**

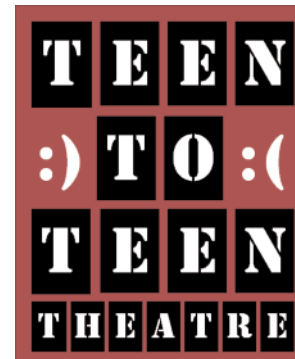
**Lake Mackintosh**

***Come enjoy a fun filled  
afternoon of great  
family fun.***

***Please pre-register  
for the event by  
Wednesday,  
October 26th.***



**DO YOU ENJOY ACTING/PERFORMING FOR OTHERS?**  
**CAN YOU MAINTAIN GOOD GRADES IF YOU ARE**  
**OUT OF CLASS FOR PERFORMANCES?**  
**DO YOU WORK WELL WITH OTHERS?**  
**ARE YOU WILLING TO BE A ROLE MODEL FOR YOUR PEERS?**



**Tuesdays, 3:30pm-5:30pm Ages: 13-19**

**Admission: Free**

**Teen To Teen Theatre explores and conveys the difficult issues that adolescents deal with today through the creation and presentation of dramatic skills. Teens perform original works, adaptations of scenes based on real life events, and other dramatic works they believe are important in the lives of teenagers. This group can provide presentations, upon request, to youth groups that desire assistance in helping teens with daily living. For more information call 336-570-6516 or visit [www.BurlingtonNC.gov/teen2teen](http://www.BurlingtonNC.gov/teen2teen).**

**Teen to Teen is a service of the  
Burlington Recreation and Parks Department  
and United Way of Alamance County**



# Senior Adult Activities and Centers

## The Burlington Senior Center

The Recreation & Parks Department's John Robert Kernodle Senior Activities Center is located at 1535 South Mebane Street. The Kernodle Center offers a wide variety of programs and activities for citizens age 55 and over. The building is equipped with multipurpose rooms, fitness rooms, kitchen, activity rooms, and a resource room. One of the fitness rooms contains 4 aerodyne bicycles, 4 treadmills, 2 recumbent bicycles, a weight machine and 2 elliptical trainers. The resource room is equipped with computers for classes and a computer lab. The center also serves as an approved nutrition site, serving hot lunches for the seniors age 60 and older Monday through Friday. The center is the home of the Burlington Senior Adult Leisure Services, co-sponsored by the United Way. Trips of interest and fun are offered to all Senior Adults. If you would like to receive a bi-monthly calendar of events call 222-5135. Please call to confirm dates and times. The center now has classes and activities for adults during evening hours.

## The Kernodle Center

- American Association of Retired Persons - 1st Tuesday of the month; 1:30pm
  - Burlington Senior Citizen Club - 3rd Thursday of the month; 1:30pm
  - Covered Dish Luncheon & Bingo for Birthdays - 1st Wednesday of the month; 1:00pm
  - Widows Support - 3rd Thursday of the month; 2:00pm
  - \*Ballroom Dance Class - Fridays; 1:00pm-3:00pm
  - \*Basket weaving - Mondays; 1:00pm-4:00pm
  - Bridge - Mondays: 7:00pm; Tuesdays: 7:00pm; Thursdays: 1:00pm
  - \*Cake Decorating - Tuesdays: 8:30am-11:30am; Wednesdays: 6:30pm-9:30pm  
Thursdays: 8:30am-11:30am; 6:30pm-9:30pm
  - Card Night - Wednesdays: 6:00pm-8:30pm
  - Checkers Club - Thursdays: 6:30pm
  - Chess Club - Tuesdays: 7:00pm
  - Computer Classes - TBA
  - Creative Memories - September 14 & October 12; 10:00 am
  - \*Crochet, Knitting & Tatting - Mondays: 9:00am-12:00pm
  - Federation of the Blind Support Group - First Tuesdays: 10:00am-12:00noon
  - \*Floral Design - Mondays: 6:30pm-9:30pm
  - Legal Assistance - Appointments are required
  - \*Middle Eastern Dance - Mondays; 6:30pm-9:30pm
  - Monthly Movie Day - TBA
  - \*Oil & Acrylic Painting - Tuesdays: 12:00pm-3:00pm; Fridays: 9:00am-12:00pm
  - \*Old Testament History - Tuesdays: 6:30pm-8:30pm; Wednesdays: 10:00am-12:00pm
  - \*Spanish Classes - Wednesdays: 12:00pm-2:00pm; 2:00pm-4:00pm; Thursdays: 12:00pm-2:00pm; 2:00pm-4:00pm
- \*Denotes classes co sponsored with ACC. Call ACC to register 506-4316

## HEALTH AND WELLNESS AT KERNODLE CENTER

- T'ai Chi C'huan* (Adults Only) - Tuesdays: 1:00 pm; Thursdays
- Darts Practice* - Fridays: 10:00am-11:30am
- Upbeat Downbeat Group* - 1st & 3rd Wednesday of the month:1:00pm
- Table Tennis Practice* - Mondays: 10:00am-3:00pm;  
Wednesdays: 10:00am-3:00pm; 6:00pm-8:30pm
- Blood Pressure Screening* - 3rd Wednesday of the month: 9:30 am
- Take Off Pounds Sensibly (TOPS)* - Wednesdays: 9:00am
- Hula Hoop Class*- Beginning September 13th; Tuesdays & Thursday: 6:00pm-7:00pm; \$32.00 for 4 weeks; Next session is scheduled for October 11th
- The Core & More* Beginning September 12th; Mondays & Wednesdays; 9:00am-10:00 am; \$32.00 for 4 weeks Next session is scheduled for October 10th
- Arthritis Foundation P.A.C.E. (People With Arthritis Can Exercise)* Tuesdays & Thurs.; 10:00am-11:00am; Beginning September 13th; Next session is scheduled for October 11th

## Trips

- W. Jefferson Trip* - September 20th
- State Fair Trip*- October 18th
- Barn Dinner Theatre*- November 29th
- Myrtle Beach Trip* - December 8th & 9th

## Upcoming Events

- Disaster Preparedness for Seniors*  
September 23rd; 10:00am; Presented by the Office of the Governor and the NC Commission on Volunteerism & Community Service.
- Flu Shots*  
October 14th & 21st ; 10:00am-2:00pm; November 11th - 10:00am-2:00pm
- Medicare Update*  
Beginning January 1, 2006 a new program will provide prescription drug coverage under Medicare. If you have limited income & resources you may be able to get help paying for your monthly premiums, deductibles & co-payments under this prescription drug program a representative from the Burlington Social Security Office will be at the Kernodle Senior Center to conduct a workshop on this new Medicare Prescription program & help those who might be eligible to apply for the extra help.  
September 12th, 2005 10:00 am  
September 22nd 2:00 pm  
October 4th 10:00am  
October 19th 2:00pm
- Retirement Planning Workshops*  
These workshops are designed for older adults who have retired or are planning to retire in the next five years. These workshops are free at the Kernodle Senior Activities Center. Please register one week ahead of the workshop by calling 222-5135. Refreshments will be served.
- Making Sense of Medicare, Medicare Supplement, Long Term Care Insurance, and other Insurance Issues* - Monday, October 3rd, 6:00pm  
Presented by Jeannie Schepisi, Senior Health Insurance Information Program (SHIIP), a Division of the NC Department of Insurance and Ozella Bundy from Social Security in Greensboro. This workshop is designed to help you understand what insurance you will need to carry you through retirement.
- Planning: Organizing Your Life's Business*  
Thursday, October 25th, 6:00pm Presented By Diane Brady; Attorney; Central Carolina Legal Services. Learn the importance of a will, right of survivorship, power of attorney, health care power of attorney and more.

## Forest Hills Community Center

Senior Citizen Club Meeting - Last Monday of the month, 10:00am

## Elmira Community Center

Senior Citizen Club Meeting - Last Wednesday of the month, 10:00am  
Exercise Class - Tuesdays & Thursdays, 11:00am  
Monthly Bingo - TBA

## Mayco Bigelow Community Center

Senior Citizen Club Meeting - Last Monday of the month, 1:30pm

## The Fairchild Community Center

- Senior Bingo*  
October 10th, November 7th, December 12th  
Ages: 55 & up; Admission: Free  
Seniors will have two hours of fun while playing their favorite game. Prizes and refreshment will be served. For more information call 222-5119.
- Senior Billiards & Open Gym*  
October 12th, November 9th, December 14th  
Ages: 55 & up; Admission: Free  
Seniors will have 2 hours of fun playing billiards. For more information call 222-5119.



# Make Your Reservation Now for a Holiday Outing



## SERTOMA SHELTER

With two playgrounds nearby, the Sertoma shelter sits nestled beneath the shade of the trees of North Park. The shelter serves as an excellent location for family gatherings and can accommodate up to 100 people with a full kitchen.

### City Residents

**\$100.00 + \$20.00 Supervisory Fee + \$50.00 Facility Deposit**

### Non-Residents

**\$200.00 + \$20.00 Supervisory Fee + \$50.00 Facility Deposit**



## LAKE CAMMACK SHELTER

Tucked away just outside of the Marina entrance, the wooded area that surrounds this shelter hides a playground, ball fields, and a basketball court. This shelter features a full kitchen, outdoor grills, and seating for 50.

### Rental Fees

**Resident \$100.00 + \$50.00 Facility Deposit**

**Non-Resident \$200.00 + \$50.00 Facility Deposit**



## HOMEBUILDER'S SHELTER

Hidden beneath the shade of the trees of City Park, the Homebuilders Shelter is a great facility to host family reunions or company picnics. With seating for up to 95, the facility features a small kitchen for catering.

### City Residents

**\$100.00 + \$20.00 Supervisory Fee + \$50.00 Facility Deposit**

### Non-Residents

**\$200.00 + \$20.00 Supervisory Fee + \$50.00 Facility Deposit**



## MACKINTOSH CLUBHOUSE

This indoor clubhouse features a full kitchen making the facility suitable for weddings, reunions, corporate meetings, and a variety of other uses.

### Rental Fees

**Resident \$125.00 + \$20.00 Supervisory Fee + \$50.00 Facility Deposit**

**Non-Resident \$250.00 + \$20.00 Supervisory fee + \$50.00 Facility Deposit**

**Call 222-5030 for more information.**

# PARAMOUNT THEATER 222-5017

Opened in 1928, the Grand Theater, now known as the Paramount Theater, is located at 128 East Front Street in downtown Burlington and has provided entertainment and cultural opportunities for the citizens of Burlington and surrounding areas for over 77 years. An extensive renovation and restoration was completed in February of 1998 by the City of Burlington with the help of contributions from the Alamance County Arts Council and several corporate supporters. Since that time the theater has played host to hundreds of events, from locally and nationally produced play and musicals to national recording musical artists. The theater also offers local businesses and organizations the opportunity to use our facility for community events and meetings, as well as for weddings, receptions and other functions.

## SEPTEMBER

3 .....BAICF .....Cultural Festival.  
9 .....David Laukatis .....Acoustic Concert  
16-18, 23-25 .....Gallery Players .....Into The Woods

## OCTOBER

8 .....Seasons of the Paramount .An American Journey  
14-16, 21-23 .....ACT .....Fall Show  
29 .....NC Storytellers .....Fall Festival

## NOVEMBER

4 .....Alamance Christian School .....Fall Show  
11-13, 18-20 .....Gallery Players .....To Kill A Mockingbird

## DECEMBER

2-3 .....Arts Alive .....Christmas Show  
9 .....Powerline Church .....Christmas Show  
17 .....Integrity Church .....Christmas Show

**CALL 222-TIXS FOR RESERVATIONS.**

# CHILDREN'S PLAY SPACE



**TUESDAYS & THURSDAYS OCTOBER & NOVEMBER**

**FAIRCHILD PLAYSPACE-9AM-12NOON**

**\$5.00 PER VISIT OR 8 VISITS FOR \$35.00**

**CALL 222-5119 FOR MORE INFORMATION**

The Place Space is an interactive parent /child program that gives parents and children the opportunity to play together for those ages 2-5! Children will have free space in conjunction with some structured programming such as the parachute fly, CreativeKrafts, and others. The staff of the Burlington Recreation & Parks Department will provide this exciting program with love and experience from the joy of working with children.



# BURLINGTON AQUATIC CENTER

INDOOR SEASON 2005 - 2006

Monday~Friday 6am~8pm      Saturday 10am~6pm      Sunday 1pm~6pm

Patrons are asked to leave the pool deck 15 minutes prior to closing.

**FEES** 2005-2006 INDOOR SEASON PASS FEES & ANNUAL PASS FEES

DAILY ADMISSION	RESIDENT	NON-RESIDENT		
Ages 1-5	\$1.00	\$1.00		
Ages 6-59	\$2.50	\$3.50		
Seniors 60+	\$2.00	\$3.00		
PASSES	SEASON RESIDENT	SEASON NON-RESIDENT	ANNUAL RESIDENT	ANNUAL NON-RESIDENT
Individual	\$75.00	\$150.00	\$100.00	\$200.00
Family of 2	\$100.00	\$200.00	\$140.00	\$280.00
Family of 3	\$125.00	\$250.00	\$180.00	\$360.00
Family of 4	\$150.00	\$300.00	\$220.00	\$440.00
*All patrons must show identification of residency SENIORS RECEIVE A 20% DISCOUNT ON ALL PASSES				



**WATER AEROBIC CLASS DESCRIPTIONS:**

**NEW! H2O Yoga:** combines flowing dynamic movements with traditional yoga poses that when assisted by water help lengthen & strengthen muscles, support weak muscles, and improve balance and condition.

**NEW! Arthritis:** shallow water class taught by following the Arthritis Foundation guidelines. This class will be offered Tuesdays and Thursdays at 10:00am and 5:00pm.

**Back In Shape:** a shallow water body condition class. This is a low to moderate intensity core body strengthening class.

**Deep Water:** aqua joggers support exercisers suspended in the diving well (10") while jogging, skiing, and other exercises. This a moderate to high intensity class enabling you to burn up 900 calories during the class.

**Kick It & Lose It:** a shallow water fitness class designed with weight loss in mind.

**Fees:**  
**First Class is FREE**

**Daily**  
**\$3.00**

**10 punch pass**  
**\$25.00**

**25 punch pass**  
**\$50.00**



**MAKE YOUR BIRTHDAY A SPLASH AT THE BAC...**

**Birthday Parties!**

- Reservation may be made in person or over the phone
- No deposit required
- One table seats eight adults
- Reservations are by a first come first serve basis
- Fees include: \$2.00/table & cost per swimmer

\$2.00 resident,  
\$3.00 non-resident,  
5 & under \$1.00

**Private Pool Rental**

**Birthday Parties!**

Reservations must be made in person at the B.A.C. with

- a \$90.00 deposit
- Fees \$45.00/hr pool (2 hr min)
- \$20.00/per hour per guard (2 guard minimum)
- Total Rental for 2hrs with 50 or less guests = \$170.00

\*parties exceeding 50 guests will be charged additional fees







## PRIVATE SWIM LESSONS

Private lessons are available upon request! Receive five one on one thirty minute lessons. Classes are scheduled based around the instructors availability and your time constraints. Contact the Aquatic Director for more information: 336-222-5043

Fees:  
\$60.00 pass holder • \$75.00 non-pass holder



# Learn to Swim

Session I: September 26 - October 27

Session II: November 7 - December 15

(session II will not hold classes during Thanksgiving week)

Ages: 6 months-Adult

Cost: \$35.00 Non-pass holder, \$25.00 Pass holder

Registration must be made in person at the BAC or by mailing in the registration form. Fees are due at the time of registration. For more information, contact the BAC Aquatic Director, Mary Pollok, 336-222-5043.

## SWIM LESSON DESCRIPTIONS:

### Parent and Child Aquatic Program (IPAP I & II)

IPAP I - Ages 6 months-2.5yrs - Teaches parents support techniques, cueing, and how not to hinder their children from learning to swim. Participants will gain water confidence, skills, and adjustment.

IPAP II - Ages 2.5yrs-4yrs - Preschool age, see Level 1 swim lesson description.

### Level 1 - Introduction to Water Skills

Participants are introduced to the front crawl, jellyfish float, and the back crawl.

### Level 2 - Fundamental Aquatic Skills

Exit skills required to progress to Level 3

1. Step from side to side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then return back to back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

### Level 3-Stroke Development

Exit skills required to progress to Level 4

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back to the wall from 15 yards.

### Level 4-Stroke Improvement

Exit skills required to progress to level 5

1. Perform a feet-first entry into chest-deep water, swim front crawl 25 yards, maintain position on back 1 minute in deep water (treading) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for swim 25 yards

### Level 5-Stroke Refinement

Exit skills required to progress to level 6

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 25 yards.



The Burlington Aquatic Center & the Alamance County Community YMCA present the YBAC Swim Team for the 2005-2006 school year.

### Swim Team Fees:

Up to 4 days of practice \$60 per month  
Up to 6 days of practice \$90 per month  
USAS fee (optional) \$45 per swimmer  
Competition Fee (optional) \$30 per swimmer

### 1st Swim Team Practice

September 12th • 4:00pm-6:00pm • YMCA



## YBAC Mission Statement:

The City of Burlington and the Alamance County Community YMCA have partnered to bring premier facilities and competitive swimming opportunities to all residents with coaching staff encouraging the traits of integrity, self-esteem, and caring through the sport of swimming. For more information call 336-229-3161 or 336-227-2061 ext.16

	IPAP I	IPAP II	Level I	Level II
9:30am-10:00am	*	*		
9:30am-10:15am			**	*
10:00am-10:30am	*	*		
10:15am-11:00am			**	*
4:30pm-5:00pm			*	
4:30pm-5:15pm				*
6:00pm-6:30pm	*	*	*	
6:15pm-7:00pm				*
7:00pm-7:30pm	*	*	*	
7:15pm-8:00pm				*
* = 1 Class (3 participants, minimum) Levels 3,4,5 & Adult Classes are set up by request				



### Registration Form:

#### Learn to Swim Registration Form

	Participant's Name	Age	Level	Class Time	Session	Class Days
1.	MW / TTH					
2.	MW / TTH					
3.	MW / TTH					

Parent or Guardian's Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Fees: Please make checks payable to the Burlington Aquatic Center  
\$35.00 non-pass holders  
\$25.00 pass holders

Please complete this registration form and send it to the following address:

Burlington Aquatic Center  
ATTN: Mary Pollok  
1402 Overbrook Road  
Burlington, NC 27215



## Amusement Park Info:

### Burlington City Park Amusement Hours

Saturday 11:00am-9:00pm

Sunday 1:00pm-7:00pm

Last Day of Season - October 31st

Amusement Area open weekends only, through the end of October.



**"GET ACTIVE CLINIC"**  
*Home School Program*  
 Oct. 5th, 12th, 19th & Nov. 2nd, 9th, 16th  
 1:00pm-2:00pm • Fairchild Community Center  
 For Home School Participants Only  
 Cost: \$5.00 for one child,  
 \$8.00 for two children, \$10.00 for three children

Burlington Recreation and Parks will sponsor the "Get Active Clinic" beginning in October. Take a break from schoolwork and come have fun with us! Learn new sports, play organized games, and meet new people. Receive a discount when you sign up for all six days. For more information or to register please call Kathy Hayes at 222-5072.



September 9th,  
 October 14th,  
 & November 4th  
 7:30pm-9:00am  
 Ages: 5-12

Admission: \$10.00 per child  
 Fairchild Community Center

The Burlington Recreation and Parks Department offers a monthly Kids Night Out program. Kids Night Out is a night filled with games, movies, activities, snacks, and tons of fun. These monthly programs are the perfect opportunity for kids to get a break from their parents and parents to get a break from their kids. Parents drop the kids on Friday night and our highly trained and well-qualified staff will ensure that they have a safe and fun time until Saturday morning when you return to pick them up. For more information or to register your children call 222-5072.

## Fun Days

7:30am-6:00pm • Ages: 4-12

Admission: \$20.00 per day, per child for public participants

Fairchild Community Center & Thataways Teen Center

Fun Days are offered for children during certain holidays and teacher workdays. These days are included for full-time students in the afterschool program and \$15.00 for part-time students. We will entertain the kids with crafts, movies, games, and much more. For more information or to register, please call 222-5072.

### Public School Dates:

October 28  
 November 11  
 November 23  
 December 23  
 December 27-30

### Burlington Day Dates:

October 20-21  
 November 23  
 December 19-23  
 December 27-30

## AFTERSCHOOL PROGRAM

The Burlington Recreation and Parks Department and the Alamance-Burlington School System offers an afterschool program at the following school sites: Burlington Day, Eastlawn, Grove Park, Hillcrest, Newlin, Smith Elementary Schools, and Fairchild Community Center for students at Andrews and Broadview Middle School. The program is also offered on certain teacher workdays, holidays, and snow days. Field trips, homework time, and arts and crafts are provided in a safe and fun recreational environment. For more information or to register call 222-5072 or 229-3150.

### The fees for 2005-2006 school year are as follows:

Full-Time (includes Teacher workdays)	Part-Time (does not include Teacher workdays)
1 child \$130.00/month	\$80.00/month
2 children \$120.00/month	\$70.00/month
3 children \$80.00/month	\$60.00/month

Registration fee is \$20.00 per child

Full-time includes afterschool care from Monday-Friday from 2:30pm-6:00pm along with teacher workdays from 7:30pm-6:00pm. Part-time students may attend up to 3 days a week until 6:00pm or 5 days a week if they are picked up by 4:30pm.

